



Gluten-Free Hot Cross Buns with Cashew Cream Cheese Icing

 Gluten Free

READY IN



50 min.

SERVINGS



28

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons active yeast dry
- ☐ 1 cup warm dairy-free milk alternative for brushing (So Delicious Dairy Free Original Almond Milk used here)
- ☐ 1 cup cranberries dried hot to cover. (or fruit of your liking)
- ☐ 6 ounce vanilla dairy-free yogurt greek-style (such as So Delicious Coconut Milk Greek Yogurt)
- ☐ 3.5 cups flour gluten-free all-purpose (Pamela's Products Amazing Wheat Free & Bread Mix used here)
- ☐ 0.3 teaspoon ground allspice
- ☐ 2 tablespoons ground cinnamon

- ☐ 0.3 teaspoon ground cloves
- ☐ 2 tablespoons ground flaxseed / flaxmeal
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 juice of lemon
- ☐ 2 juice of orange
- ☐ 16 ounce powdered sugar
- ☐ 1 cup cashew pieces raw drained for 3 hours, if possible, then (soaked)
- ☐ 0.5 cup sugar
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

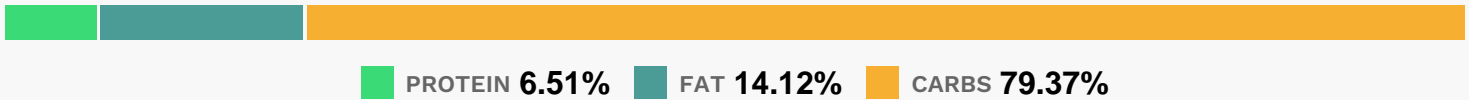
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer

Directions

- ☐ In a large bowl, whisk together the warm milk, sugar, and yeast.
- ☐ Let sit for 5 minutes. In a separate dish, mix together the flax and the water.
- ☐ Let sit for a few minutes.
- ☐ Add the flour, zest, juice, applesauce/oil, and spices to the bowl of a stand mixer with paddle attachment (or can stir by hand).
- ☐ Add the milk and yeast mixture and the flax slurry.

- ☐ Mix at medium speed for about 3 minutes or until the batter is nice and airy.
- ☐ Drain your dried fruit and gently mix it into the batter.Coat the inside of a bowl with baking spray or oil. Scrap the dough out into the bowl, cover with a towel, and let rise in a warm place for about 1 hour.On a baking sheet lined with parchment paper or a silicone baking mat, scoop out mounds of dough (about 28 in total), so that they are separate rolls, but just touching. With wet hands, smooth out the tops a little, and brush with a little non-dairy milk alternative.Take a 9×13-inch pan and fill it halfway with water, and place it on your bottom rack in the oven. Preheat your oven to 400°F.Once the oven is pre-heated, slide the roll pan into the oven on the rack above the water, and bake for 20 minutes or until golden brown on top.
- ☐ Let cool completely before icing.In a blender, puree the cashews with the yogurt, lemon juice, and vanilla until smooth.
- ☐ Pour the mixture into a bowl, and whisk in powdered sugar until you get the right consistency and taste for a slightly thick, but still pourable glaze (about 2 cups).With a piping bag of a plastic baggie with a bottom corner snipped (very small cut), pipe the glaze in one line across the length of the whole pan, then one across the width. Repeat until you have a cross pattern on each of them.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:3.6065217541612%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 184.09kcal (9.2%), Fat: 3.05g (4.7%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 36.07g (13.12%), Sugar: 25.35g (28.17%), Cholesterol: 0.12mg (0.04%), Sodium: 9.51mg (0.41%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 3.17g (6.33%), Manganese: 0.22mg (10.93%), Fiber: 2.52g (10.09%), Copper: 0.13mg (6.48%), Iron: 1.03mg (5.71%), Vitamin B1: 0.07mg (4.83%), Magnesium: 17.83mg (4.46%),

Calcium: 41.47mg (4.15%), Phosphorus: 41.41mg (4.14%), Vitamin C: 3.3mg (3.99%), Folate: 13.18µg (3.3%), Vitamin B2: 0.05mg (2.95%), Vitamin B6: 0.05mg (2.68%), Zinc: 0.4mg (2.66%), Vitamin B3: 0.52mg (2.58%), Selenium: 1.8µg (2.57%), Vitamin E: 0.37mg (2.48%), Potassium: 77.97mg (2.23%), Vitamin K: 2.21µg (2.1%), Vitamin B12: 0.12µg (2%), Vitamin B5: 0.11mg (1.05%)